



# Goodfellow Monitor

To deliver combat-ready Intelligence, Firefighter and SPINSTRAs warriors to the Combatant Commander.  
Training is our focus, war is our mission.



Vol. 48, No. 46 Goodfellow Air Force Base, San Angelo, Texas November 22, 2006



Captain Mike Nedrow covers training objectives with a security forces team member used to train Iraqi soldiers in conducting building searches. Captain Nedrow is the team leader of a base defense unit deployed to the Al Anbar Province, Iraq, that is responsible for training and advising a contingent of more than 200 Iraqi soldiers in base defense tactics. (Photo by Master Sgt. Scott Wagers.)

## Goodfellow AFB troop gives advice to Iraqis

By FRANCESCA POPP  
CENTAF-FWD NEWS TEAM, IRAQ

CAMP HABBANIYAH, Iraq -- Located 55 miles west of Baghdad, Iraq, and sandwiched between Fallujah and Ar Ramadi, Camp Habbaniyah is where two teams of Air Force members have called home for nearly the last six months.

Capt. Mike Nedrow, from the 17th Security Forces Squadron at Goodfellow AFB is among the eight Airmen assigned to the 732nd Expeditionary Security Forces Squadron Base Defense Unit here at this Iraqi army base in the Al Anbar Province.

As a team leader, Captain Nedrow advises and helps train the more than 200 soldiers assigned to the Iraqi BDU. The assistance the teams provide helps ensure the Iraqis learn to defend the base and themselves.

A native of Niceville, Fla., it is Captain Nedrow's job to mentor the Iraqi army

and its Jundi, soldiers.

"We are helping the Iraqi army stand up by itself by giving our expertise on base defense to the local unit," said the 1992 graduate of Niceville High School. In the months since Captain Nedrow deployed, he has faced many challenges. He and the team have been living within the confines of a neglected base.

Habbaniyah has crumbled buildings, overgrown vegetation and is a skeleton of how it used to be. It's been rocked by mortars and small arms fire during the first Gulf War and since Operation Iraqi Freedom began in 2003. During its heyday, the base was a British run installation from the late 1930s until it was turned over to Iraq in 1959.

Other challenges he's faced is learning the cultural differences of the Iraqi people and overcoming the language barrier, not having standard living supplies readily available and more. Additionally, the limited number of Iraqi troops has prevented team members to conduct effective training.

The eight-year Air Force veteran said he's overcome those challenges by continual training.

"We do a little training here and there when the opportunity presents itself, but instead of having a troop for a straight week of training, we do it in two to four hour increments over two or more months," Captain Nedrow said.

Captain Nedrow and the rest of the team agree they are having success in training the IA every day.

"My job and my team's job here is to help the IA do their job effectively, professionally, by themselves without the need for coalition forces helping," he said. "As a result, Iraq will be that much closer to governing and securing itself which will result in our American troops able to come home."

This second deployment for Captain Nedrow is nearing the half way mark. He said he looks forward to seeing his family again. He added that, once this

SEE IRAQ ON PAGE 4

### QUICK BRIEFS

**Holiday mailing deadlines**  
Deadlines for mailing holiday packages to servicemembers overseas are rapidly approaching. The Postal Service is providing free "mailing kits" each containing four Priority Mail boxes, six Priority Mail flat rate boxes, 10 Priority Mail labels, one roll of Priority Mail tape and 10 customs forms with envelopes. Send as much as you can fit into a priority mail flat-rate box to any APO or FPO address for \$8.10, regardless of weight. Pay attention to the suggested deadlines as mailing is expected to be heavy this year.

The following are for Christmas Delivery. Hanukkah deadlines are 10 days earlier.  
Space-Available Mail--Nov. 27  
Parcel Airlift Mail-- Dec. 4  
Priority Mail--Dec. 11  
First class (letters and cards)--Dec. 11  
Express Mail Military Service--Dec. 19

Except for mail going to APO/FPO zip codes; deadlines for those locations is Dec. 4  
EMMS not available for APO/FPO starting 093

**Archeological Society**  
Do you like digging in the dirt? Then the Concho Valley Archeological Society is for you! The nonprofit organization is offering free membership to military members and their dependents. For more information call, Richard Fiveash at 651-7163

**Christmas at Fort Concho**  
This year's Christmas at Old Fort Concho event takes place Dec. 1-3 at the Fort Concho Historic Landmark. Three days of shopping, living history, entertainment and shows are featured at the event. Discount tickets for military personnel are available.

For more information, call 481-2646 or visit [www.fortconcho.com](http://www.fortconcho.com).

**17th Medical Group closure**  
17 MDG's last appointment for today will be at 10:30 a.m. The hour is calculated to allow all Medical Group employees to celebrate a Thanksgiving meal.

**Home for the Holidays POC**  
Many San Angelo families like to host military personnel in their homes for the upcoming holidays. The point of contact for this program, called Home for the Holidays, is Staff Sgt. Woodrow Rorie, 654-5040.

**Personal Property Briefings to be Temporarily Relocated**  
Due to the renovation in Bldg. 423, Personal Property unaccompanied baggage briefings will be conducted in the Vance Deployment Center, Bldg. 431, during the period of Nov. 7 to Dec. 21.

Personnel needing unaccompanied baggage shipments can attend a briefing in the afternoon only (at 1515) on Tuesdays and Thursdays in Bldg 431. Morning briefings will temporarily be suspended. Briefings will resume at the TMO Office, Bldg. 423 on Tuesdays and Thursdays beginning Jan. 4, 2007 (No briefings will be held during Exodus). For more information, visit TMO, Bldg. 423, or call Yvonne Mead at 654- 3702 or 3712.

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### WEEKEND FORECAST

Friday	Sunny	High: 71 Low: 47	
Saturday	Sunny	High: 74 Low: 50	
Sunday	Sunny	High: 74 Low: 51	

### INSIDE THIS WEEK



2006  
Intergenerational  
Luncheon

See page 3 for photos

### SAFETY TIP OF THE WEEK

Are your AETC (Air Education and Training Command) forms filled out and up to date? (AETC Forms 29A, 29B, 410, 708, etc.) Make sure all required safety forms are filled out before you leave for this year's Thanksgiving break.



## Response Line



The Response Line is a communications tool provided for everyone with comments, questions, complaints and suggestions. I am committed to providing the best services and programs to all of our customers, and you can help to make them even better. If there is a way we can make something better, I ask that each individual contact the specific organization, try to resolve any concerns at the lowest level, and then follow the chain of command.



**Bethel**

If the process does not produce results, please send an e-mail to:

**17trw.respondeline@goodfellow.af.mil.**

Your comments or questions will be documented. Be sure to include your name and a phone number where you may be contacted for more information or a personal response. Items of general interest may be printed in the Goodfellow Monitor.

<b>Alternative Dispute Resolution</b>	654-4690
Ken Stenzel: Ken.Stenzel@goodfellow.af.mil	
<b>Base Exchange</b>	654-3361
Patricia Tinker: Tinkerp@aafes.com	
<b>Commissary</b>	654-3358
Kimberly Houston: Kimberly.Houston@deca.mil	
<b>Civilian Equal Opportunity</b>	654-4690
Ken Stenzel: Ken.Stenzel@goodfellow.af.mil	
<b>Energy/water abuse hotline</b>	654-5087
<b>Fraud/waste/abuse hotline</b>	654-3048
<b>Inspector General</b>	654-5389
Lt. Col. Audrey Lomax: Audrey.Lomax@goodfellow.af.mil	
<b>Law enforcement desk</b>	654-3504
<b>Military Equal Opportunity</b>	654-3897
Capt. Jason Belcher: Jason.Belcher@goodfellow.af.mil	
<b>Public Affairs/Straight Talk Center</b>	654-3877
Cheri Dedrick: Cheri.Dedrick@goodfellow.af.mil	
<b>Sexual Assault Response Coordinator</b>	654-1570
Paul Buckingham: Paul.Buckingham@goodfellow.af.mil	
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**Goodfellow Monitor**



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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the public affairs office of the 17th Training Wing. The staff reserves the right to edit for style, clarity, consistency and space. The staff also reserves the right not to print any submission. All photographs are Air Force photographs unless otherwise indicated.

#### Submission deadline

Deadline to submit articles for inclusion in the Monitor is 10-calendar days before publication. The staff accepts stories via e-mail to [monitor@goodfellow.af.mil](mailto:monitor@goodfellow.af.mil).

#### Advertising

For information about placing commercial advertisements in the Monitor, call the Standard-Times at 659-8309. To place classified ads, call 655-SELL (7355).

# Thanks for all you do

BY COL. SCOTT BETHEL  
17TH TRAINING WING COMMANDER

It's hard to believe that Thanksgiving is already here, but it's almost time for us to prepare our meals and gather with our loved ones and reflect on all the things we can be truly thankful for.

This holiday is one that defines our country.

It's a moment when we all pause a remember how blessed and fortunate we are and recommit ourselves to offer others around the world, less fortunate than we are, a bit of all that is great about America.

I'd like to take this opportunity to thank each and every one of you for the incredible jobs you do and the sacrifices you make every day for our coun-

try.

Serving in the military is one of the most honorable, noble and selfless things a person can do.

Our men and women in uniform and their loved ones are part of a big family.

Team Goodfellow is an extension of that.

We must all remember that there are some of our very own troops from Goodfellow AFB who will be eating their Thanksgiving meals with their extended deployed families instead of their families back home.

It's not easy to be away during the holiday season, and I ask that you keep each of these Great Americans in your thoughts and prayers as you gather with your families this Thanksgiving Day.

Keep up the outstanding work, enjoy the time with your families, and again—thank you for all you do!



## Operation Warmheart Donation List

Please consider donating one or more of the following food items.

- ◆ Instant potatoes
- ◆ Pie filling
- ◆ Cranberry sauce
- ◆ Stuffing

- ◆ Canned vegetables
- ◆ Canned yams
- ◆ Gravy

*Happy  
Thanksgiving*

*Thank you for  
donating*



**Any non-perishable item will be accepted. Cash donations are also accepted.**

## North Gate Hours of Operation



The hours of operation for the North Gate entrance to Goodfellow have changed. The new hours are:

**5 a.m. to 6 p.m. Mon. - Fri.**

**Closed holidays and weekends**

### DID YOU KNOW?



This Week in  
Air Force History

**Nov. 26**

1991: The lowering of the American flag at Clark Air Base, Philippines signals the closing of the largest overseas U.S. Air Force base in the world as well as the end of more than 90 years of U.S. presence there.



2006 Intergenerational Luncheon

The 25th Annual Intergenerational Thanksgiving Luncheon is traditionally held the Thursday before Thanksgiving. This year's luncheon was held Nov. 16 at the Events Center.

Approximately 90 senior citizens were transported to Goodfellow via military transportation (two 44-passenger buses).

This event celebrates our elderly population in the community and also serves to bridge the gap for children living apart from their grandparents. Our Child Development Center children eat lunch with the seniors. Some seniors have participated in this event for several consecutive years.

The San Angelo Recreation Department helps the CDC promote this event.

Senior leadership and other base volunteers help serve the senior citizens and interact with them. The children make the table decorations.

Many of the seniors are retired military and have great stories from World War II. (Article by Cindy Padilla, CDC. Photos by Staff Sgt. John Barton. )



Children from the base Child Development Center clap thier hands as they sing a song about turkeys for their lunch guests, senior citizens from San Angelo. The 25th Annual Intergenerational lunch was held in the Event Center.



Servicemembers from all branches helped served lunch to the children and senior citizens.



Senior citizens enjoyed a Thanksgiving lunch, complete with pumpkin pie.



Little ballerinas performed for their appreciative guests at the Intergenerational Lunch.



At a Glance with Services 17th Goodfellow AFB SERVICES Combat Support & Community Service

SERVICES THANKSGIVING HOLIDAY HOURS					
	Wed, Nov 22	Thur, Nov 23	Fri, Nov 24	Sat, Nov 25	Sun, Nov 26
Human Resources	0800-1600	CLOSED	0800-1600	CLOSED	CLOSED
NAF Accounting	0730-1630	CLOSED	CLOSED	CLOSED	CLOSED
Marketing	0730-1630	CLOSED	CLOSED	CLOSED	CLOSED
Event Center Grill	1100-2100	1200-2000	1100-2400	1200-2400	1100-2000
Officer's Lounge	CLOSED	CLOSED	1700-2100	1500-2100	1200-1800
Enlisted Lounge	CLOSED	CLOSED	1600-2400	1900-2400	1200-2000
Arts & Crafts	1000-2000	CLOSED	1600-2400	1900-2400	1200-2000
Wood Shop	1100-2000	CLOSED	1600-2400	1900-2400	1200-2000
Auto Shop	1200-2000	CLOSED	1600-2400	1900-2400	1200-2000
Equipment Rental	0900-1700	CLOSED	0900-1700	0900-1700	0900-1700
Rec Camp	0900-1700	CLOSED	0900-1700	0900-1700	0900-1700
Mathis	0500-0000	CLOSED	0900-1900	0900-1900	0900-1900
Carswell	1100-1800	CLOSED	0900-1900	0900-1900	0900-1900
Library	1100-1900	CLOSED	1100-1900	CLOSED	CLOSED
Western Winds	0015-0145 0500-0815 1030-1300 1630-1900	0015-0145 0500-0815 1030-1300 1630-1900	CLOSED	CLOSED	CLOSED
Cressman	0430-0700 1030-1230 1800-2000	CLOSED	0800-1300 1600-1900	0800-1300 1600-1900	0800-1300 1600-1900
Child Development	0700-1700	CLOSED	0700-1700	CLOSED	CLOSED
Family Child Care	1000-1100	CLOSED	0700-1700	CLOSED	CLOSED
School Age	0700-1700	CLOSED	0700-1700	CLOSED	CLOSED
Youth Center	1300-2100	CLOSED	0700-1700	1300-2100	CLOSED
Teen Center	1300-2100	CLOSED	0700-1700	1300-2100	CLOSED
Thede Bowling Ctr	0600-2100	CLOSED	1100-2300	0830-2300	1300-2000
ITT	1030-1330	CLOSED	CLOSED	CLOSED	CLOSED

17th SERVICES Combat Support & Community Service

USAF SERVICES Combat Support & Community Service

U-BU PERFORMANCE SERIES FEATURING:

Steve Bills

Sarah Tiana

James P. Connolly

Scott Henry

Free for UBU & Club Mem, \$8 Non Mem

EVENT CENTER

Thursday, December 7, 2006

Show Times: 6:00 pm & 8:00 pm

Officers and Enlisted Lounges

Event Center

Bldg 723 654-5327

GET HOME SAFELY!

Be The Designated Driver & Win!

December through January 2, 2007

Be a designated driver and get registered to win great prizes!

Sign up as a designated driver Receive free sodas all night! AND get registered for the Grand Prize.

This promotion is for Club and UBU members only so you must show your card to sign up each time.

Don't Have A Designated Driver? For A Safe Ride Call AADD 654-3252

Airmen Against Drunk Driving will give you a safe ride home from any where in San Angelo or on the base. Friday and Saturdays Only. Open to ALL Goodfellow Personnel.



# Goodfellow says Let's Eat!

BY 2ND LT. JAMIE STRAKA

PUBLIC AFFAIRS

Let's Eat, San Angelo's local cooking show, hosted a military appreciation night Nov. 14. Goodfellow personnel, through the coordination of Capt. Inez Smith of the 17th Medical Operations Squadron, were invited to a taping of the cooking show at the San Angelo Museum of Fine Arts.

Let's Eat is a partnership between the San Angelo Community Medical Center and San Angelo Museum of Fine Arts. The show places emphasis on cooking well and eating smart, and is hosted by award winning chef Henry Weins and co-director of Community Health Club of San Angelo, Randy Coleman. Henry Weins is also the Director of

Nutritional Services at San Angelo Community Medical Center.

The show's taping focused on various Tex-Mex recipes popular in the San Angelo area.

Among the items cooked were stacked green chili

chicken enchiladas, pork chili tamales, southwest black beans, pecan praline candies, and mango margaritas.

Henry Weins and Randy Coleman demonstrated the specifics of how to make these items and the hungry and appreciative audience (mostly consisting of Goodfellow members) got to have a taste of each spicy, delicious dish.

"Everyone had a blast! Colonel Scott Bethel, 17th Training Wing commander, stole the show from Chef Henry and Randy at the second taping," Capt. Smith said of the event.

Let's Eat airs on KIDY, Channel 10, Sundays at 10 a.m. and Wednesdays at 11 a.m., and on KSAN, Channel 3, Thursdays at 11 a.m., and Saturdays at 5 p.m.

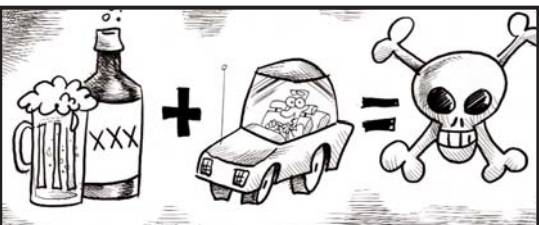
Tex-Mex and many other types of recipes are available on the show's website: [www.letseat.tv](http://www.letseat.tv).



From Iraq page 1

one-year deployment ends, he'll never forget the experiences the Air Force has provided for him and this place he has called home since June.

"I love my family and my country, and I am doing this for them," he said. "We need to be here because it was, is, and will be the right thing to do until the mission is complete."



## Goodfellow Commissary Store Hours for Thanksgiving week

- ◆ Today, 7 a.m. to 7 p.m.
- ◆ Closed Thanksgiving Day and Friday
- ◆ Saturday 8 a.m. to 6 p.m.



## At a Glance with Services



Friday 24	Saturday 25	Sunday 26	Monday 27	Tuesday 28	Wednesday 29	Thursday 30
<b>TEXAS HOLD'EM POKER</b> 7 p.m. Event Center 654-3247  <b>CYBER ZONE CAFÉ</b> Burgers, Phillies, Sandwiches, Fries & Hot Wings Mon-Thur, 5 to 8 p.m. Fri, 5 to 9 p.m. Sat, 3 to 9 p.m. Sun, Noon to 6 p.m. Event Center 654-5327	<b>TEXAS HOLD'EM POKER</b> <b>BATTLE OF CHAMPIONS</b> 7 p.m. Event Center 654-3247  <b>Check us out on the web!</b> <a href="http://www.goodfellowservices.com">www.goodfellowservices.com</a> <b>Give Us Your 2¢</b>	<b>NFL SUNDAY TICKET</b> Doors open at Noon Event Center Call 654-5327.  <b>CYBER ZONE CAFÉ</b> Burgers, Phillies, Sandwiches, Fries & Hot Wings Sun, Noon to 6 p.m.	<b>Holiday Kick Off</b> <b>FAMILY NIGHT! TONIGHT</b> Kick of the holiday season! Event Center 5:30 to 7 p.m.  Holiday crafts, games and, a visit from Santa! Family Meal Cost: Adults/\$3 Child/\$2.50 654-5327	<b>WIN CASH!</b> <b>TEXAS JACK BINGO</b>  Card Sales begin at 5 p.m. Early Bird Bingo at 6 p.m. Regular Bingo at 7 p.m. <b>Event Center</b> Call 654-5327.	<b>HOLIDAY EXODUS BUS TICKETS ON SALE NOW!</b> <b>EVENT CENTER BLDG 723</b> <b>654-3247</b>	<i>Happy Thanksgiving From Services</i>

**The plans have been approved and the project is funded!**  
**The long awaited and much anticipated addition to the Arts & Crafts Center is finally happening!**  
*Construction is underway and is estimated to be completed early 2008.*



### Arts & Crafts Is Moving!

During December the entire facility will be closed so we can move Arts & Crafts into Bldg 144. We will reopen in our temporary location on January 2.



### Wood Shop and Auto Shop Are Closing!

With no available space to relocate them, the wood shop and auto shop will remain closed throughout the construction.



### It is going to be great when it is all finished!

When it is all finished we will have:  
6 new bays in our Auto Shop.  
The Wood Shop gets a finishing room.  
Arts & Crafts Center will be larger!  
More classroom space and more work areas.  
Also a new gallery area and more resale supplies.

**Arts & Crafts will open January 2, 2007 in bldg 144.**  
**Come see our new place!**



**Arts & Crafts**  
Closed Nov 23  
Re-Open Jan 2  
New Location  
Bldg 144  
  
**Wood Shop & Auto Shop**  
Closed Nov 23 until  
early 2008.

## COLORAMA



### SATURDAY, DECEMBER 9

**The Fun Starts At 7 P.M.**

**Bowl 3 games of 9 pin, no tap**

**WITH THE LIGHTS OUT!**

**Win cash prizes for color pin strikes!**

**High game pots for men & women!**

**FMI Call: 654-3227**





# Latin Kings of Comedy say Thanks to Troops



Alex Reymundo shows audience members his impression of how his 15 Hispanic relatives cheered him on when he was a young boy playing soccer. (Story and photos by Airman 1st Class Luis Loza Gutierrez.)

Two comedians who are now on that list are Joey Medina and Alex Reymundo. They are two of the most talented top-Latin comedians in the stand-up business.

One may better remember them as two of the comedians who starred along side other notable Latin comics such as George Lopez, Cheech Marin and Paul Rodriguez in the motion picture-hit "The Original Latin Kings of Comedy."

The two comedians performed Nov. 11 at San Angelo's City Auditorium, and although they may not have been performing for troops on a military installation or the deck of an aircraft carrier, they continually show their thanks for the troops. Both comedians asked the crowd for a round of applause for all the men and women serving in U.S. military.

After the show, both comedians invited this military journalist to an after party and a short questions and answer session.

Alex Reymundo was the first comedian to be interviewed.

Q: Where have you performed for troops?

A: I've been to Ft. Hood (Texas), Ft. Leavenworth (Kan.)--I've been to Dyess Air Force Base (Texas), I've been on the deck of the U.S.S. Roosevelt about 100 miles out at sea...I've done so many things with the military that I'm just so proud of.

Q: Do you have any relatives who have served in the U.S. military?

A: I do. I have cousins that have served in the Marine Corps and I have another cousin who is a Naval aviator. In fact, it was an Air Force family that helped me and my family migrate to America when I was young boy.

Q: If you had to serve in the military, which service would you join and why?

A: I think it would be which ever service let me sleep later. I like to sleep late and "Aim High" (old Air Force slogan).

Q: How has your overall experience performing for the troops been thus far?

A: Every time I have performed for any branch of the military it is amazing to to me how grateful they (troops) are. Their professionalism, respect, laughter and appreciation is always heartfelt. It amazes me because we (comedians) are here for them, yet they are thanking us.

Q: If you could send a message to the troops deployed overseas, what would that message be?

A: My message for the troops would be that we miss you. We love you and we hope you come home and never have to leave.



Joey Medina shows audience members his impression of a man calling his mother to tell her of the abuse he has suffered under the hand of a crazy and abusive girlfriend.

Joey Medina was asked similar questions a few minutes later.

Q: Where have you performed for troops?

A: I have done several performances for the troops. I've been to Bosnia and Kosovo in Europe and then Iraq and Kuwait among others.

Q: Do you have any relatives who have served in the U.S. military?

A: I have both family and friends serving, but I still have the same respect for those who serve whether I personally know them or not.

Q: If you had to serve in the military, which service would you join and why?

A: It'd be the Air Force and because it has the most women.

Q: How has your overall experience performing for the troops been thus far?

A: Ever since I began performing for the troops, I have gained a deep respect and appreciation for the men and women of the our military. Especially being someone who speaks for a living and continually exercises the right for freedom of speech. It is thanks to them who sacrifice time away from home and their friends and families that I can do what I do. That is why I have a deep respect for those who serve.

Q: If you could send a message to the troops deployed overseas, what would that message be?

A: Come home safe, and until you do so laugh your butt off as much as you can.

BY AIRMAN 1ST CLASS LUIS LOZA GUTIERREZ  
STAFF WRITER

In peacetime and wartime the need for laughter and the appreciation of it has been one shared by the men and women of our armed forces.

Since the early half of the 20th century, hundreds of comedians such as Bob Hope, Jerry Lewis and Drew Carey have entertained American troops both at home and abroad enscribing their names in the list of comics responsible for what some times is referred to as a much needed break from the every-day-grind of a soldier's life out on the field.



**Supported by  
people like  
you. Helping  
the Air Force  
Family when  
they need it.**



**Educating,  
training, leading  
and mentoring  
the enlisted men  
and women of  
Goodfellow Air  
Force Base.**

How does alcohol affect a driver?  
How does alcohol affect a driver?  
How does alcohol affect a driver?  
How does alcohol affect a driver?

Alcohol acts like an anesthetic dulling of the brain parts that enable people to make sensible decisions, resulting in poor judgement.

Drinking slows reflexes and hinders coordination.

Drinking may cause drowsiness, increasing the chances for a TRAFFIC ACCIDENT.

**Don't Drown  
Your Career**

with  
**too much Beer**

**0-0-1-3**

IT'S NOT PROHIBITION.  
IT'S A RESPONSIBLE DRINKING CULTURE.

The standard 0-0-1-3

0 Drinks under 21  
0 DUIs  
Max 1 drink per hour  
Max 3 drinks in one night

**Air Force Link**

Log on. Type it in. Get informed.  
[www.aflink.mil](http://www.aflink.mil)



Rec Center Hours:  
Mon-Thur 11 a.m. To 9 p.m.  
Fri 11 a.m. To Midnight  
Sat Noon to Midnight  
Sun Noon to 8 p.m.

Bldg 723 654-5327



# Have You Found Us Yet?

## Special Events

Beginning Thur, Nov 2  
**International Dance Sport Lessons**  
Specializing in Latin Dance  
Every Thursday, 6-9 p.m.  
\$25 per person

Sat, Nov 4  
**Last One Standing**  
Sumo Wrestling, 6 p.m.

Sat, Nov 27  
Holiday Family Night, 5:30-7 p.m.

## Tournaments!

Thur, Nov 2	9-Ball Pool	6 p.m.
Wed, Nov 8	Ping Pong	6 p.m.
Thur, Nov 9	9-Ball Pool	6 p.m.
Sat, Nov 11	9-Ball Pool	6 p.m.
Mon, Nov 13	Chess	5 p.m.
Wed, Nov 15	8-Ball Pool	6 p.m.
Sat, Nov 18	7-Ball Pool	6 p.m.
Wed, Nov 22	Cricket Darts	6 p.m.
Thur, Nov 23	9-Ball Pool	6 p.m.

## Texas Jack Bingo

Every Tuesday in the  
Enlisted Lounge  
Cards On Sale at 5 p.m.  
Early Bird Bingo at 6 p.m.  
Regular Bingo at 7 p.m.

## Good Eats!

Whether you're having a  
snack-attack or need  
something more, the  
Event Center offers  
your favorite snacks  
any time and sandwiches  
at the Cyber Zone Deli.

## Texas Hold'em Poker!

Every Friday at 7 p.m.  
Free to Enter.

**Battle of Champions**  
Sat, Nov 25 at 7 p.m.

## 2-4-1

**2-4-1 NACHOS**  
Sun, Nov 5, 6 & 19

**2-4-1 BATTING CAGE TOKENS**  
Sun, Nov 12 & 26

## Cyber Zone

Want to check your e-mail?  
Surf the net?  
We have personal use  
computers for your convenience.

Officers Lounge Hours:  
Fri 3:30 p.m. to 9 p.m.  
(Social Hour Snacks 4:30-6:30 p.m.)

Enlisted Lounge Hours:  
Fri 3:30 p.m. to midnight  
(Social Hour Snacks 4:30-6:30 p.m.)  
Sat 7 p.m. to midnight  
Sun Noon to 8 p.m.

Bldg 723 654-5327

## Officers Lounge

Open Fridays at 3:30 p.m.  
Social Hour Snacks served  
4:30-6:30 p.m.

If you haven't seen the new look  
you are missing the fun!  
Plan to stop by this Friday!

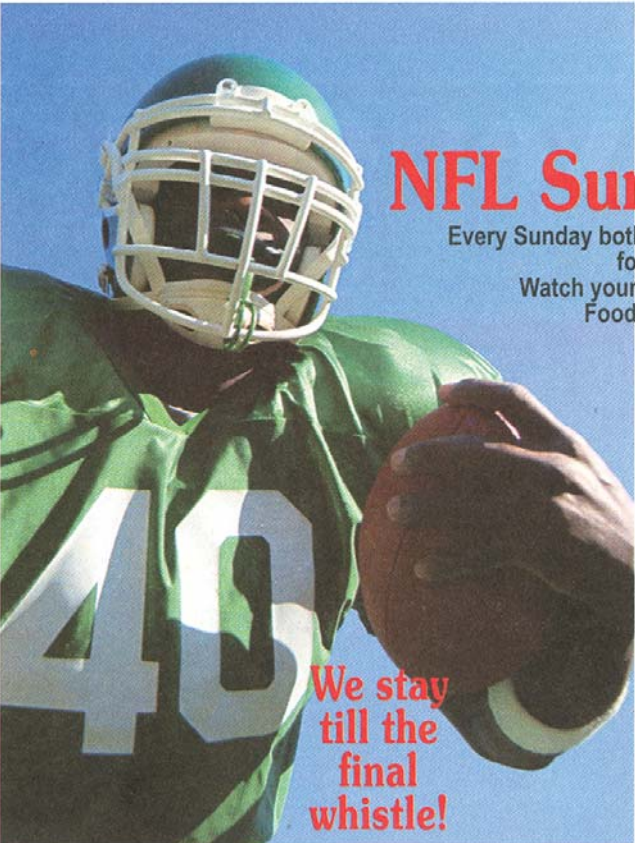
## Enlisted Lounge

Extended Hours!  
Open Fridays at 3:30 p.m. to midnight  
Social Hour Snacks served 4:30-6:30 p.m.  
Saturday 7 p.m. to midnight  
Sunday noon to 8 p.m.

If you want to be where the people are,  
this is the place. Join us  
this month.

## NFL Sunday Ticket!

Every Sunday both Lounges are open at 11 a.m.  
for the kick-off!  
Watch your favorite teams all day!  
Food, Fun & Football.



We stay  
till the  
final  
whistle!

## Cyber Zone Deli

We make fresh & hearty  
sandwiches when you order them.  
Served with your favorite chips  
and beverages, they will keep you  
going while you are playing  
at the Event Center.  
Open to everyone  
Mon-Fri, 5-8 p.m., Sat 4-9 p.m.  
and Sunday, 11:30 a.m.-6 p.m.

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Photo by Staff Sgt. John Barton

### Say cheese!

Two children smile for the camera as they sit on Santa's lap at the Santa's Market held last weekend in the base High Bay of the Louis F. Garland Department of Defense Fire Academy.

The market drew thousands of San Angelo residents and base personnel. More than 100 vendors showcased a wide variety of handmade arts and crafts, jewelry and ceramics.

Perhaps the most popular attraction was Santa himself, who was available for photos with children a few hours each day. The event is an annual tradition at Goodfellow. This year marks the 26th consecutive time the 2-day event has been held.





**Thinking about buying a large number of Gift CertifiChecks for the coming holidays?**

**Remember, all stores have limited quantities of \$25 denomination CertifiChecks on hand**

**Buy early to ensure many happy holidays**

**To purchase Certifichecks in bulk, place a special order at customer service SOON!**

**Another service from your friendly DeCA commissary! Happy holidays!**

## Going Home For The Holidays? Start Your Travel Plans At ITT!

We can get you home for the holidays!

**10:30 a.m. to 1:30 p.m. Monday through Friday.**

Bus transportation available to area airports for a reasonable fee. Also they throw the biggest party of the year the night you leave.

### Theme Park Prices

#### San Antonio

Fiesta Texas	\$22.50 per person
SeaWorld	
Season	\$54 (2006 & 2007)

#### Arlington

Six Flags	
Season	\$15 and \$20
Hurricane Harbor	Closed for the Season
Schlitterbahn	Closed for the Season

Hotel vouchers and many more attractions available for Arlington & San Antonio.

### San Angelo Symphony Tickets

Season-\$60 Adult/\$20 Seniors (65 yr & older)/\$18 Military & Students/\$8 Children/\$6



Information, Tickets & Travel  
Bldg 127 654-5249

## Excellent Ceramics Program



Our Ceramics program is run on an "Open Workshop" basis. Beginners welcome! 100s of molds.

#### Resale Store

All the Supplies you will need!  
Art supplies: pencils, papers, Chalks, paints, brushes and much more!



We also have Potter's Wheels and clay. We offer classes in Hand-built Pottery.



Ask about our monthly specials calendar.

GOODFELLOW

## WOOD SHOP

There Is Still Time To Create Your Own Furniture, Plaques, Toys and More!

**NO EXPERIENCE NECESSARY!**  
If you need some ideas, we have a library of project videos and books!

Call  
654-5643  
Or stop by  
Bldg 109





# Community

## Nov. 24 to Nov. 30 dining facility menu

Menu is subject to change

<b>Lunch</b> Swiss Steak with Tomato Sauce Stuffed Green Pepper Mexican Baked Chicken	<b>Friday</b>	<b>Dinner</b> Lasagna Spaghetti with Meat Sauce Italian Sausage
<b>Brunch</b> Grilled Steak Cajun Meat Loaf Crispy Baked Chicken	<b>Saturday</b>	<b>Dinner</b> Stir Fry Chicken with Broccoli Pork Chops with Mushroom Gravy Fish Almandine
<b>Brunch</b> Fried Shrimp Parmesan Chicken Breast Tuna and Noodles	<b>Sunday</b>	<b>Dinner</b> Sauerbraten Ginger Barbecue Chicken Spinach Lasagna
<b>Lunch</b> Swiss steak with tomato Sauce Baked Chicken Italian Sausage	<b>Monday</b>	<b>Dinner</b> Roast Turkey Baked Ham Fish & Fries
<b>Lunch</b> Barbecue Beef Cubes Yakisoba, Beef & Spaghetti Onion-Lemon Baked Fish	<b>Tuesday</b>	<b>Dinner</b> Pork Schnitzel Steak Paprika Beef Chicken Fajitas
<b>Lunch</b> Lasagna Cheese Pizza Beef Porcupines Chicken Enchiladas Chicken Parmesan	<b>Wednesday</b>	<b>Dinner</b> Country Style Steak Fried Chicken Pita Pizzas
<b>Lunch</b> Liver & Onions Orange Glazed Pork Chops Tempura Fried Fish	<b>Thursday</b>	<b>Dinner</b> Pasta Primavera Pepper Steak Mr. Z's Baked Chicken

## Hours of operation

### Western Winds

#### Monday to Friday

Midnight Meal ... 12:15-1:45 a.m.  
Breakfast ... 5-8:15 a.m.  
Lunch ... 10:30 a.m. to 1 p.m.  
Dinner ... 4:30-7 p.m.

### Cressman

#### Monday to Friday

Breakfast ... 4:30-7 a.m.  
Lunch ... 10:30 a.m. to 12:30 p.m.  
Dinner ... 6-8 p.m.

#### Saturday, Sunday and Holidays

Brunch ... 8 a.m. to 1 p.m.  
Dinner ... 4-7 p.m.

## All eyes on you The Goodfellow weekly spotlight

**NAME:** Thomas O'Brien

**RANK:** Airman 1st Class

**UNIT:** 313th Training Squadron

**DUTY TITLE:** Airman Leader (Red Rope)/Signals Communication Analyst student

**TIME ON STATION:** 8 months

**TIME IN SERVICE:** 10 months

**PREVIOUS BASES:** Lackland Air Force Base, Texas.

**Hobbies:** Soccer, anything outdoors and traveling.

**Hometown:** Heidelberg, Germany

**Aspirations:** To make a career out of the Air Force, possibly become an intel officer or be selected for special operations

**Favorite quote:** "My only regret is that I have but one life to give for my country."

NATHAN HALE



Photo by Jerry Antone

Airman 1st Class Thomas O'Brien stands in front of a wall decorated with the shield of the 313th Training Squadron outside the squadron's barracks Nov. 15. Some of Airman O'Brien's duties include supervising details and conducting open-ranks formation.

## MOVIES

**There are no showings scheduled for this week due to the Thanksgiving break.**



Last week's puzzle solution

## ...Count down to Exodus 26 days left

Less than two months remain until the Holiday Exodus, which is scheduled this year to start at 11:59 p.m. on Dec. 21 and end on Jan 2, 2007.

The most important information is the departure date and location.

On the evening of Dec. 21 students will form up at the Carswell Field House to await transportation to one of three airports-Dallas/Fort Worth, San Antonio and Midland-Odessa.

Busses will transport students and their luggage to the airports. People must realize once their baggage is stored after they check in at Carswell, they will not have access it again until departure time.

Plenty of entertainment and food will be on hand for the students awaiting transportation for their holiday trips home. Several base agencies will be open to provide entertainment during the wait. The base library, theater, event center, bowling alley, and shoppette will be open extended hours the evening of the 21st. (Article by Staff Sgt. Carissa Lee, Editor.)

*Get ready to get out of Goodfellow!*



Photo by Airman First Class Luis Loza Guterrez

## A message of thanks for our deployed troops

Members from the 17th Contracting Squadron pose for a group photo with hand-made signs to communicate a message of Happy Thanksgiving to deployed members of their squadron. Photo was taken Monday near the base's POW/MIA memorial. Pictured here are: top row (from left to right): Staff Sgt. Phillip Kaiser, 1st Lt. Dean Smith, Airman 1st Class Chad Manson, Airman 1st Class Brenton Dumas and Master Sgt. William Roberts. Middle row (from left to right): Brenda Lauer, Tech. Sgt. KC Jones, Staff Sgt. Williams Simpkins, Tech. Sgt. Juan Martinez, Senior Airman Lance Brown, Tech. Sgt. Dan Newell, Susan Phillips-Adams, Airman 1st Class Julio Brito, Diane Rasmussen, Roger Sewall, Jon Wood and Kelly Gray. Bottom row (from left to right): Michele Weisbecker 2nd Lt. Brian Williams and Philip Kirby. "We were taking these pictures to send to our deployed troops overseas. We thought this would be nice for the holiday season," Lt. Williams said.



MPF Closure

The Base Military Personnel Flight will be closed Dec. 1 so the unit can accomplish Unit Personnel Record Group (UPRG) migration. Student assignments and base customer service for identification cards will remain open. Any questions or concerns in this matter should be addressed to Master Sgt. Jeffrey Draper at 654-3302.

Air Force Reserve Recruiter

The new Air Force Reserve In-Service Recruiter, Tech Sgt. Michael Nienhaus, will be available Tuesdays for questions regarding the Palace Chase and Palace Front programs and Reserve benefits. To schedule an appointment, contact Tech. Sgt. Nienhaus at DSN 461-2957, commercial (325) 696-2957 or via e-mail at michael.nienhaus@dyess.af.mil.



Airman and Family Readiness Flight

The Airman and Family Readiness Flight offers the following services:

- ◆ **Marriage 101 Seminar:** Dec. 16, 9 a.m. to 3 p.m. Open to all, especially engaged or recently married couples. Highlights are: Conflict Resolution, Improving Couple's Communication, Personality Types, Common Expectations, and Keys to a Successful Marriage. Presenters from several base agencies.
- ◆ **Sponsorship Training:** Dec. 4, 3-4:15 p.m. Just being a sponsor is not enough; a sponsor must be motivated, concerned for the needs of the new-comer and creative. During training the sponsor will receive information on available resources, relay some proven tools of good sponsorship and ignite the spark for creative sponsorship.
- ◆ **Smooth Move:** Dec. 11, 1-3p.m. Help reduce moving-related stress by attending this informative seminar. Experts from TMO, Finance, Legal Office Claims Processing, SENIOR, Housing, and the Airman and Family Readiness Flight will brief and answer questions about your upcoming move. Spouses are encouraged to attend.
- ◆ **Give Parents A Break:** Dec. 2, 6-11 p.m.



The Air Force Aid Society pays for child care 1 Saturday per month for qualifying Air Force families; sister service members on a space-available basis.

- ◆ **Parents' Night Out:** CDC opens one Saturday per month for an hourly fee.
- ◆ **Phone Cards:** Free phone cards for members/families who are TDY, deployed, or on a remote tour.

Unless otherwise stated, classes are at the Airman and Family Readiness Flight, Bldg. 300. For more information or to sign up for a class, call 654-3893 or visit [www.familysupportgoodfellow.org](http://www.familysupportgoodfellow.org), click on "schedule a meeting," click on "events," then select the class.

Prenatal Orientation Bundles for Babies

If you are pregnant and have questions, this is the class for you. Get straight-forward answers and information from a certified Maternal/Child Nurse and receive a free "What To Expect When You're Expecting" book. We will also discuss financial planning for your new arrival and you will receive a free bundle full of essential baby care items. For more information, call the Life Skills Support Center at 654-3122, Bldg. 1007.

SAMS Place closure

SAMS Place will be closed for Thanksgiving.

Ecumenical Thanksgiving Service and Pie Social

The Base Chapel will host this year's Ecumenical Thanksgiving Service and Pie Social today at 7 p.m. A pie sign up sheet is available in the chapel foyer for anyone who would like to bring a pie. For more information on this and other chapel services or programs, refer to the number listed on the chapel schedule on the right.

Turkey Sandwiches at the Crossroads

The Catholic Women of the Chapel and the Protestant Women of the Chapel groups are scheduled to host a treat for all military students Saturday from 11 a.m. to 1p.m. at the Crossroads. People interested in bringing sandwich or salad fixings or desert or those interested in helping set up and clean up, call 654-3424.

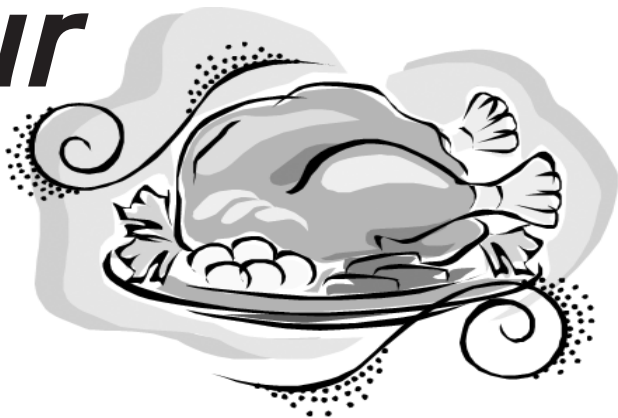
Chapel Schedule



**CHAPEL WORSHIP SCHEDULE:** The Goodfellow Chapel holds Catholic and Protestant services, religious education every Sunday and other programs.

- Catholic services:**
- ◆ Sunday Mass at 9 a.m.
  - ◆ Noon Tuesday through Friday
  - ◆ CCD at 10:45 a.m. to noon in Bldg. 135 (Sept-May)
  - ◆ R.C.I.A. at 10:30 a.m. in Bldg. 139 (Sept-May)
- Protestant services (Sundays):**
- ◆ 9:15-10:15 a.m. Sunday School for children and youth in Bldg. 135 (Sept-May)
  - ◆ 11 a.m. Traditional Protestant Worship Service
  - ◆ 2 p.m. Gospel Service
  - ◆ 6 p.m. New Life Contemporary Service
- Choir Practices (In Chapel)**
- ◆ 6 p.m. Wednesdays Catholic Choir
  - ◆ 5:45 p.m. Thursdays Gospel Service Choir
  - ◆ 7 p.m. Thursdays Traditional Service Worship Team
  - ◆ 6 p.m. Fridays New Life Contemporary Service Praise Team
- Bible Studies:**
- ◆ 11 a.m. Wednesdays Promise Keepers Bldg. 136
- For more information on chapel programs, call 654-3424.

How to cook your turkey...safely



THAWING A TURKEY

There are three ways to safely thaw a turkey, but refrigerator thawing is recommended. The reason for this is bacteria multiply rapidly on food left unrefrigerated for several hours. With the turkey's large mass, it takes too long for the bird to thaw completely at room temperature without risk of spoilage.

By defrosting a turkey at room temperature or in warm water, the outside of the bird thaws first and quickly reaches the temperature conducive to bacterial growth while the interior remains frozen for hours longer. Never thaw a turkey at room temperature.

At refrigerator temperatures, the bird can thaw more evenly, with minimum bacterial growth. Set the turkey, sealed in its plastic bag, on a pan to collect juices. Defrost in the refrigerator 24 hours for every 5 pounds. If you need to speed the process or you don't have room in the refrigerator, you can immerse the turkey in the sealed bag in cold water for 12 to 48 hours, changing the water often.

When defrosting with this method, allow 30 minutes per pound. If the wrapping is torn, place the turkey in another plastic bag, close securely, and then place in water.

For thawing in the microwave, check the manufacturer's instructions for the size of turkey that will fit into your oven, the minutes per pound and the power level to use for thawing. Cook immediately after thawing. See Table 1 for a more detailed outline of proper thawing times.

PREPARATION

- After thawing, get the turkey ready for cooking by following these steps:
1. Remove original plastic wrapper from thawed or fresh turkey.
  2. Remove the neck and giblets from the body and neck cavities.
  3. Thoroughly rinse turkey and inside cavity.
  4. Drain juices and blot turkey dry with paper towels.
  5. If stuffing the turkey, do so just before roasting.
  6. Return legs to tucked position, if untucked.
  7. If using an oven-safe meat thermometer, insert into the deepest part of the thigh. (If using an instant-read thermometer, it will be inserted when it is time to check for doneness.)
  8. Brush with oil to prevent drying of the skin.

Wash hands, utensils, sink and everything else that has been in contact with the raw turkey.

**COOKING A TURKEY**

Roasting Method:

1. Place thawed or fresh turkey, breast up, on a flat rack in a shallow pan, 2 to 2½ inches deep.
  2. Insert oven-safe meat thermometer into the thickest part of the thigh. Brush or rub skin with oil to prevent drying of the skin and to enhance the golden color.
  3. Place in a preheated 325 °F oven.
  4. When the skin is a light golden color and the turkey is about two-thirds done, shield the breast loosely with a tent of lightweight foil to prevent overcooking of the breast.
  5. Use the roasting schedule in Table 2 as a guideline; start checking for doneness a half-hour before recommended end times.
  6. Turkey is safe when cooked to a minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast.
- For reasons of personal preference, consumers may choose to cook turkey to higher temperatures
7. Let turkey stand for 15 to 20 minutes before carving to allow juices to set.

Safety and Preparation Notes for All Methods:

Do not put the dressing in the turkey far in advance of cooking. There is real danger if the dressing stands in the bird for a long period. Because both the dressing and bird are moist, and either may contain harmful bacteria, the bacteria can grow to dangerous levels if held at 60 degrees to 120 degrees for 2 to 3 hours.

Never brown or partially cook turkey to refrigerate and finish cooking later. It is safe to partially cook or microwave turkey if it is immediately transferred to a hot grill or oven to finish cooking.

The best way to judge when your turkey is done is with an accurate meat or instant-read thermometer. (Information in this article was acquired from <http://hgic.clemson.edu>.)

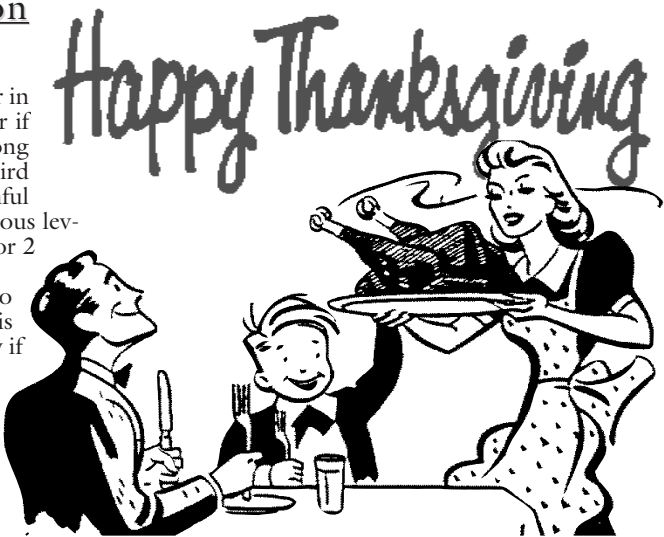
TABLE 1. THAWING TIMES FOR A TURKEY

Turkey size (lbs.)	Refrigerator (Days)	Water (Hours)
8-12	1-2	4-6
12-16	2-3	6-8
16-20	3-4	8-10
20-24	4-5	10-12

TABLE 2. APPROXIMATE ROASTING TIMES FOR A TURKEY (325 °F oven temp.)

Always use a food thermometer to check the internal temperature of both turkey and stuffing.

Turkey size	Unstuffed	Stuffed
8-12 lbs.	2¾ - 3 Hours	3 - 3½ Hours
12-14 lbs.	3 - 3¾ Hours	3½ - 4 Hours
14-18 lbs.	3¾ - 4¼ Hours	4 - 4¼ Hours
18-20 lbs.	4¼ - 4½ Hours	4¼ - 4¾ Hours
20-24 lbs.	4½ - 5 Hours	4¾ - 5¼ Hours





## National Diabetes Education Month

# Diabetes

## What is it?

Each year Diabetes Mellitus contributes to hundreds of thousands of deaths, as well as life-threatening complications when it's poorly controlled.

The Health and Wellness Center is scheduled to conduct a Multi-Disciplinary Diabetes Wellness Class Tues. and Wed. from 8 a.m. to noon.

These classes are held monthly at the HAWC

Information covered includes

- General Diabetes Wellness (RN)
- Eye Care (Optometrist)
- Medication Use (Pharmacist)
- Stress Management (Social Worker)
- Fitness (Exercise Physiologist)
- Nutrition (Registered Dietitian)

Millions of people—nearly one out of every 20—have diabetes, and about one third of them don't even know it. Diabetes Mellitus is a lifelong condition in which the body has lost its ability to regulate blood sugar with the hormone insulin.

In a healthy person, the pancreas secretes insulin into the bloodstream whenever blood sugar rises. Insulin triggers cells to remove sugar from the blood. With diabetes, the pancreas fails to secrete enough insulin to regulate blood sugar or the body cannot use the insulin effectively.

If left untreated, high blood sugar, or hyperglycemia, can eventually lead to blood vessel abnormalities that can cause damage to the kidneys, eyes, nerves, brain, muscles and heart.

### Type 1

Sometimes called juvenile onset diabetes or insulin dependent diabetes, type 1 diabetes typically occurs in people younger than 20 (but can occur at any age) and remains throughout adulthood. People with type 1 diabetes produce little or no insulin. They must take insulin shots for the rest of their lives.

People who have type 1 diabetes must monitor their blood sugar carefully and work to manage it with consistent exercise, insulin injections and diet. If left untreated, type 1 diabetes can lead to coma and death.

### Type 2

Also called noninsulin dependent diabetes, type 2 is the most common type of diabetes. Many people with type 2 diabetes don't know they have it. Most people with type 2 diabetes are older than 30 years old. About half of new cases are people 55 years or older.

However, there has been a significant increase in type 2 diabetes cases in children due to obesity and sedentary lifestyles. In most cases, type 2 diabetes can be controlled through diet, exercise and oral drugs, though sometimes insulin needs to be taken.

Heredity, age, obesity, a sedentary lifestyle, and having had gestational diabetes or a baby weighing more than 9 pounds at birth seem to influence the development of type 2 diabetes. In the United States, type 2 diabetes is usually more common among African Americans, Hispanics and American Indians than among Caucasians and Asians.



About half of new cases of type 2 diabetes are people 55 years or older.

Type 1 diabetes typically occurs in people younger than 20.



(Article courtesy of Health and Wellness Center)

## Native American influences everywhere

During the month of November the Department of Defense join our nation to celebrate the rich heritage American Indians and Alaskan Natives have contributed to our nation's prosperity and the American language.

To commemorate this purpose, President George H. W. Bush approved a joint resolution in 1990 designating November as National American Indian Heritage Month. Similar proclamations have been issued each year since 1994. The theme for 2006 is "A Warrior's Tradition: Contributing to the Strength of Our Freedom." If we look around we would recognize the American Indians' strength in the words we take for granted daily.

Tribal culture and language are spoken or used on a day-to-day basis; for instance, there are two specific inventions still in use today in snowy climates around the world. Those inventions are the toboggan and the snowshoes quickly adopted by European and the fur traders. Other items which we see or use have become trendier like the moccasin, the kayak, the Winnebago, and the all familiar "tipi." And yet still are familiar terms used for identifying animals like the caribou, chipmunk, moose, muskrat, opossum, woodchuck, raccoon and the one small creature, whose gift of perfume sends you running away--the skunk. Despite the few listed here we have the names of foods, which were gleaned from Native words: squash, hominy, pemmican, succotash and the tiny but tasty pecan.

Let's talk about the word papoose from the Narraganset, which means a small child or an infant. The descriptive term for a type of wood called hickory has its origin from the Algonquian peoples. Alas, our discovery takes us to other closely related words like caucus, bayou, and "potlatch"; if you look closer we will be celebrating our fair share of potlucks throughout the holiday season.

Some of our loveliest places began life as Native language: Susquehanna, Shenandoah, and Rappahannock. But still, if you review a map of the United States you will realize how freely settlers used words of American origin as states, cities, mountains, lakes, and rivers. Four of our five Great Lakes more than half of our states proudly borrowed the name of tribes and other words of cultural meaning from the Native peoples who first inhabited these lands.

Of course, we cannot list every single state but here are a few: Alabama (Creek), Alaska (Aleutian), Arizona (Pima), Connecticut (Mohican), Idaho (Kiowa Apache), Michigan (Chippewa), Minnesota (Dakota Sioux), Mississippi (Algonquian), Ohio (Iroquois), Oklahoma (Choctaw), Tennessee (Cherokee), Texas (Caddo), Utah (Shoshone), Wisconsin (Chippewa) and Wyoming (Algonquian).

Thanks to the vision of Dr. Arthur C. Parker, a Seneca Indian, the true founders of this country and its formative ways of life can never be forgotten. Evidence of this can not only be seen with the celebration of National American Indian Heritage Month, but also within our everyday lives. Many American Indian tribes and cultures are intertwined in our heritage as words we see and use on a daily basis. American Indians are an amalgamation within our history and our lives. They have endured as an incorporated people among us, and their legacy should never be forgotten. With a comprehensive understanding of all of the struggles and ethnicities that comprise this great nation of which we inhabit, we can see how connected we are to each other.

The Native American Heritage Club meets Tuesdays at 10:30 a.m., at the Events Center. Join us as we learn more together. (Article provided by TSgt. Jacolyn Wade, 17th TRW/ME)



## RETENTION FACT



Did you know.....

The Military Career Corner web site offers information on just about any aspect of your Air Force career?

Check it out!

[www.afpc.randolph.af.mil/careercorner](http://www.afpc.randolph.af.mil/careercorner)

For more information, call 654-4569

**America's Air Force**

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Ceramics, Engraving, Framming



Wood Working, Embroidery

## Embroidery Shop At Arts & Crafts



Bldg 109

654-3237

We'll embroider names and logos for your teams and organizations on hats, shirts, jackets and more!  
Great gifts for the holidays!

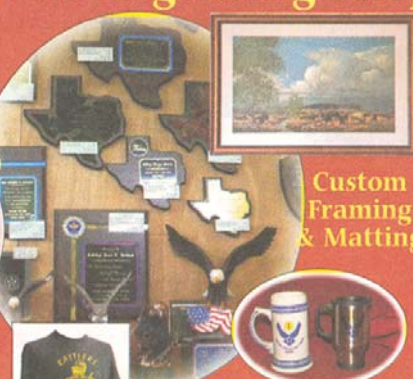
## Full Service Engraving Shop

Plaques, pen sets, & acrylic awards



Figurines

Silk Screen Shop



Custom Framing & Matting

Custom Imprinted Mugs

**Arts & Crafts**  
Bldg 109 654-3237



**family child care**  
GOODFELLOW AFB

To join our FCC team as a Family Child Care Provider or to get your child into one of our FCC homes call: Susan McDaniel 654-4779



# 17 SFS trains like a trooper



Photo by Airman 1st Class Luis Loza Gutierrez

Staff Sgt. Keith "KC" Cook takes down one of his colleagues from the 17th Security Forces Squadron wearing a REDMAN suit posing as an attacker Nov. 16 inside the Carswell Fieldhouse. A REDMAN suit is valued between \$400 -- \$600. The suit allows officers to both administer and withstand various types of strikes.

BY AIRMAN 1ST CLASS LUIS LOZA GUTIERREZ  
STAFF WRITER

Members of the 17th Security Forces Squadron took part in a special training alongside members of the Texas Department of Public Safety Nov. 13 through the 16th at the Carswell Fieldhouse here.

"I noticed that a lot of the cops in the Air Force don't get the same level of training we get in the civilian world, so I felt it'd be a good idea to come down and get a select group and teach them how to become instructors so they can incorporate this knowledge and skills into their own training programs," Tech. Sgt. John Barton said, an Air Force reservist assigned to the 17th Security Forces Squadron here and a 15-year-veteran as a state trooper with the Texas Department of Public Safety better known as the DPS.

"The name of this training is Defense Tactics Training. We developed a course that I've trained to other police officers and learned at Austin (Texas) at the DPS academy. The course incorporates all levels of stress and ground fighting, basic assault applications and defense against edge weapons. We try to incorporate all the different scenarios we could think of that one as a police officer may encounter out doing their job," he added.

Tech. Sgt. Barton said, "Maj. Kenneth O'Neil (17 SFS commander) was very open to the idea. He said that he was all for supporting any training that can improve the officer's survival skills and help prevent serious injuries in different scenarios and confrontations. He was very optimistic and focused about getting the training scheduled and getting the necessary personnel for the training."

Security Forces members concluded their training Nov. 16 by going through another set of courses that included getting pepper sprayed and evaluations of their both their performance and defense tactics knowledge prior to receiving certification.

Senior Airman, Jason Gibbs, 17 SFS desk sergeant, commented about his training experience prior to the evaluations.

"Training alongside members of the DPS was actually a great experience. It provided me with a different set of skills and it allowed to get of a hands-on perspective on how to deal and take control of different violent situations that we may see out in the real world," he said.

"I got whacked a few times during the training, but feel more confident about defending myself and others thanks to what I've learned here during this training."



Photo by Airman 1st Class Luis Loza Gutierrez

## Keep your eye on the birdie -- I mean turkey.

Tech. Sgt. Dorian Chapman adjusts his aim while taking part in the 17th Logistics Readiness Squadron's 5th Annual Turkey Shoot Friday at the south wall of Bldg. 431. Shots cost \$1 each. The turkey shoot consists of shooting a pellet from either a pump-up pellet pistol from 20 feet or a pump-up pellet rifle from 25 feet into a 3 by 5 card with the image of a turkey containing a small circular target approximately the size of a standard No. 2 pencil eraser. Shooters who hit the target's bull's-eye were awarded 10-12 pound turkey. Part of the proceeds from the turkey shoot benefit Project Warmheart.



ADD THIS TO YOUR UNIFORM.



Earn an associate's degree from the Community College of the Air Force. Registration is free, and the college offers more than 80 fields of study. The Air Force also offers up to 100% tuition assistance at hundreds of colleges and universities. Visit our Web site at [AIRFORCE.COM](http://AIRFORCE.COM) or give us a call at 1-800-423-USAF. CROSS INTO THE BLUE

## GSA Schedule

### Wednesday

6 pm Fire Dawgs vs. Leathernecks  
7:30pm J.Y.D. vs. TRSS Tigers

### Thursday

6 pm 315 Rattlers vs. COMM Batts  
7:30pm Appaches vs. 316 Sharks

## Sports briefs



### Army vs. Navy Football Game

Come support your branch of service at the Army/Navy Football Game Dec. 1 at 3 p.m. at the new athletic field on base. There will be free food for patrons provided by the base chapel in conjunction with the 17th Services Division.

For more information, contact Jerry Thompson, 654-1589.



### Air Force vs. TCU Football Game

Tickets for the Air Force Academy versus the Texas Christian University Horned Lizards are now available at the Events Center, Bldg. 723.

A bus is scheduled to leave for Ft. Worth from the theater parking lot at 8:15 a.m. Dec. 2 and returns at approximately 12:30 a.m.

This trip is open to all Goodfellow personnel.

#### Ticket prices:

\$25 (age 20 and below)  
\$35 (age 21 and above)

Includes game tickets and tailgate party. For more information, call 654-3247.



## Buckle Up or Pay Up.

CLICK IT OR TICKET ENFORCEMENT



### Safety Belts Save Lives.

That's why local law enforcement and state troopers are enforcing the state's safety belt laws for adults and children. Fines range from \$25 to \$200.

### The Law in Texas.

Every person in the front seat of a vehicle must wear a safety belt. Children under 17 years old in the front or back seat must be secured with a safety belt or in a child safety seat. A child less than five years old and less than 36 inches tall must be secured in a child safety seat.